

Amanda-Activities Specialist

480-503-6059

Lisa-Outreach Specialist

480-503-6061

The Gilbert & Chandler Senior Centers, along with AZCEND would like to thank The United Way, The Town of Gilbert, The City of Chandler, and Area Agency on Aging for their continued donations to our Meal Program.

# January

# 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheese Tortellini Baby Carrots Cauliflower Mandarin Oranges	4 Carnita Tacos Spanish Rice Garden Salad Cantaloupe	5 Smothered Chicken Baby Bakers Potatoes Carrots Peach Parfait	6 Hot Turkey Sandwich Baby Potatoes Carrots Peach Parfait	7 Ham Black-Eyed Peas Sicilian Blend Raspberry Applesauce
10 Chicken Stir-Fry Midori Blend Brown Rice Mango	11 Stuffed Shells Monaco Blend Cauliflower Fruit Cocktail	12 Carne Asada Ratatouille Blend Spanish Rice Diced Pears	13 Beer Battered Cod Cape Cod Blend Creamed Corn Peaches	14 Pork Tenderloin Au gratin Potatoes 5-Way Veggie Grapes
17 <b>CLOSED</b>	18 Chicken Burrito Rancho Fiesta Chuckwagon Corn Mango	19 Sicilian Pork Capri Veggies Rosemary Potatoes Papaya	20 Beyond Burger California Blend Spinach Mandarin Oranges	21 Citrus Tilapia Lima Beans Stewed Tomatoes Tropical Fruit
24 Chicken Cacciatore Italian Blend Broccoli Applesauce	25 Tuna Casserole Baby Carrots Cauliflower Diced Pears	26 Turkey A-La-King Garlic Mashed Potatoes Mixed Veggies Mixed Berries	27 Cabbage Roll Zucchini V-8 Juice Cantaloupe	28 Pulled Pork Sweet Potatoes Pineapple Coleslaw Orange
31 Bean and Cheese Burrito Garden Salad Roasted Potatoes Peaches	<b>Happy New Year 2022!</b>			

The suggested donation for active participants over 60 years is \$3.50. The cost for guests under 60 years is \$5.00. Reservations are REQUIRED at this time. Please call 480-503-6061 or 480-503-6059 before 3pm M-F to reserve your meal. Contributions above the suggested donation are always appreciated. **Menus are SUBJECT TO CHANGE.** Lunch is served from 11:30-12:30 M-F